



# STRATFORD SAC/SSI



## 2021 STRENGTH AND CONDITIONING CAMP AND SPORT-SPECIFIC INSTRUCTION OPEN TO: INCOMING 9TH-12TH GRADERS

Monday	Tuesday	Wednesday	Thursday	Friday
6/7	6/8	6/9	6/10	OFF
6/14	6/15	6/16	6/17	OFF
6/21	6/22	6/23	6/24	OFF
6/28	6/29	6/30	7/1	OFF
July 5 - 9 No SAC Camp or SSI				
7/12	7/13	7/14	7/15	OFF
7/19	7/20	7/21	7/22	OFF
7/26	7/27	7/28	7/29	OFF



All sessions at  
SFMS  
this year due to  
construction!



SESSION I 7-8 (BOYS BASKETBALL)  
SESSION II 8-10 (VOLLEYBALL & FOOTBALL)  
SESSION III 10-12 (SPORTS NOT LISTED ABOVE)

**\*\*SSI OCCURS IN ADDITION TO SAC TIMES\*\***

FOR DETAILS REGARDING SPORT-SPECIFIC INSTRUCTION,  
CONTACT THE HEAD COACH OF YOUR SPORT!

PLEASE PRE-REGISTER HERE  
TO HOLD YOUR SPOT!

